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How to Succeed in a High Pressure Environment





How to Succeed in a High Pressure Environment

Dr. Gene Moyle

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A word cloud featuring various terms in different colors and orientations. The words are arranged in a roughly circular pattern, with some words appearing more prominently than others. The colors used include shades of green, yellow, orange, red, and brown. The words are written in a casual, handwritten-style font.

Words included in the word cloud:

- Psychology
- Preparation
- Feedback
- Passion
- Goals
- Direction
- Adaptability
- Sacrifice
- Learning
- Brain
- Performance
- Resilience
- Mindfulness
- Energy
- Enthusiasm
- Commitment
- Connection
- Purpose
- Vision
- Practice
- Flow
- SUCCESS
- Neuroscience
- Process
- Framing
- Strengths
- Motivation
- SMART
- Outcomes
- Creativity

The Psychology of Performance a.k.a Performance Psychology

The branch of psychology that studies factors that allow individuals, communities and societies to flourish...Most recently, performance psychology has included the study of the psychological skills and knowledge necessary to facilitate and develop peak performance guidelines into best practice for sport, business, fitness and the performing arts.

Performance Psychology?

What is Performance Psychology?
A focused Positive Psychology
approach to understanding
cognitive & Strategic & Results vs.
Optimal Performance & Performance
Setting



Resources

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What is Performance Psychology?

- Definition of 'Performance'
- Solution Focused Positive Psychology Approach vs. 'Problem'
- Understanding + Strategies = Results vs. "Psych101" / "Mental Skills"
- Achieving Peak Performance & Performance Enhancement
- You get out what you put in...



What Does It Take To Win Gold?

Commitment

Passion

Sacrifice

Motivation

Resilience

Goals

Practice

Support

Learning

Brain Skills



It All Begins With Your Neurons!

Neuroscience, Plasticity & Neuroleadership
It **IS** possible to change your thinking!

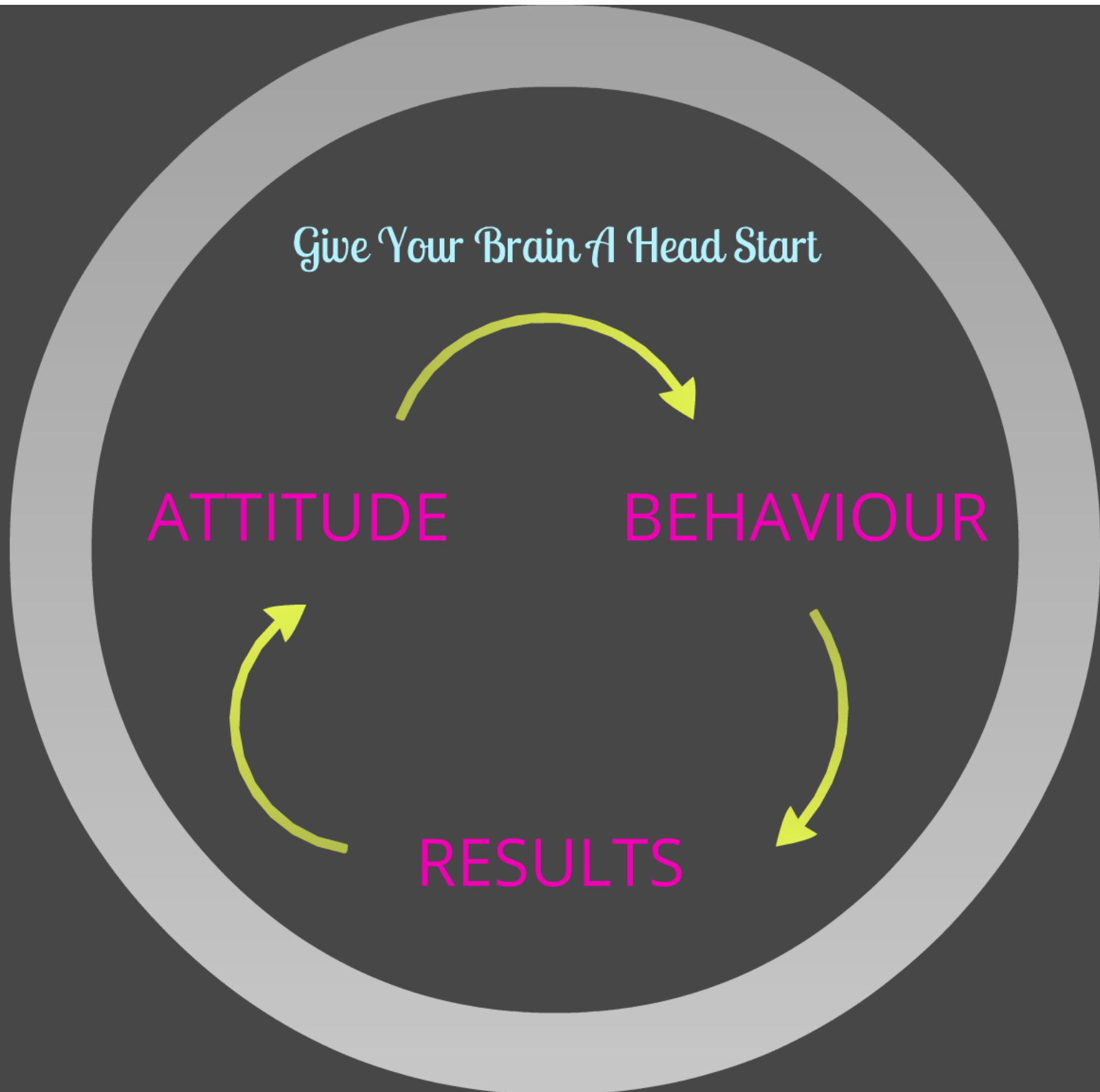


Give Your Brain A Head Start

ATTITUDE

BEHAVIOUR

RESULTS



Give Your Brain A Picture

Vision

Visualisation: Imagery & Mental Rehearsal

Imagine...Vision Board

Focus upon what you WANT!



Give Your Brain A Purpose

The Why?

- Motivation
- Direction
- Energy!!





Give Your Brain A Chance

Errors, Mistakes & Error Recovery
FAILURE vs. FEEDBACK
It's all about the learning!

Give Your Brain A Plan

A GOAL
WITHOUT A
PLAN IS JUST
A DREAM.

-dave ramsey

SMART Goals
Outcome vs. Process
Support Your Goals
Get out of your OWN way!
Strengths-based

Give Your Brain Preparation

Pre-Performance Routines
Brain & Body
Control the Controllables!

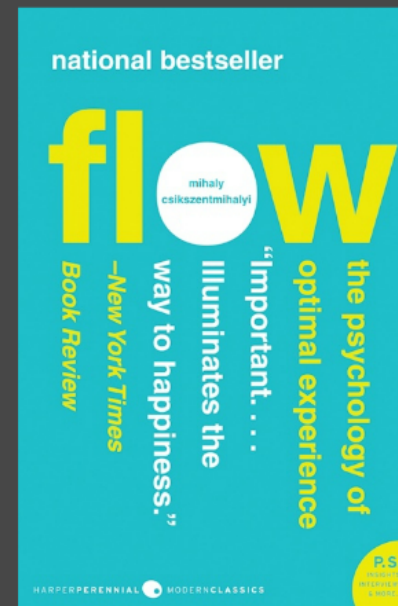
WHETHER YOU
THINK YOU CAN,
OR THINK YOU CAN'T,
YOU'RE RIGHT.

(HENRY FORD)

Ensure Your Brain is Present

...If you are interested in something, you will focus on it, and if you focus attention on anything, it is likely that you will become interested in it. Many of the things we find interesting are not so by nature, but because we took the trouble of paying attention to them...

Mihaly Csikszentmihalyi



Take Responsibility

Locus of Control
Internal vs. External

...I am the master of my fate, I am the captain of my soul
William Ernest Henley



Example Approach

Understand Your Brain
Review Your Attitudes – Helpful or Hindering?
Vision & Purpose
Goal Setting
Pre-Performance Routines – Helpful Habits
Mindfulness & Flow
Responsibility & Choice
It's Always About the Learning!

I will prepare
and **some day**
my chance will come.

-Abraham Lincoln
mlquotes.com

Conclusion

Performance Psychology -
Being the best YOU can be in
whatever your 'performance' is!



Resources

*Performing Artists, Business Leaders, and
Professionals in High-Risk Occupations*

EDITED BY Kate F. Hays

- Mind gym: An athlete's guide to inner excellence (Gary Mack & David Casstevens, 2001).
- Flow in Sports (Susan A. Jackson & Mihaly Csikszentmihalyi, 1999)
- Applied sport psychology: Personal growth to peak performance (6th Ed.) (J.M. Williams Ed., 2010)
- The sport psych handbook (S. Murphy Ed., 2004)
- Strengths finder 2.0 (Tom Rath, 2007)
- You're on: Consulting for peak performance (Kate Hays & Charles Brown Jnr., 2004)
- Fierce conversations: Achieving success at work & in life, one conversation at a time (Susan Scott, 2004)
- Good to great: Why some companies make the leap...and others don't (Jim Collins, 2001)
- Martin Seligman: Books on Positive Psychology & Authentic Happiness - www.authentichappiness.com

Questions?



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